

Abstract

Title: The Reflection of Tourism and Outdoor Sports Courses

Objectives: The main goal of this work is to evaluate the Course Tourism and Outdoor Sports at the Faculty of Physical Education and Sport at Charles University in Prague from the view of its participants.

Methods: The research method used in this paper is a quantitative method – questioning with the elements of quantitative research for the finding of concrete opinions and attitudes of course participants. There was a questionnaire created based on the questionnaires used by an Outward Bound organisation to evaluate its courses.

Results: The outcome of the work is an evaluation of the course Tourism and Sports in the Nature at the Faculty of Physical Education and Sport at Charles University in Prague by its participants. The hypothesis that the course has a strong positive impact on its participants was confirmed. The work of the teachers and other aspects of the course that can be modified to maintain the high standards of the course were evaluated as well.

Conclusion: The evaluation of the course is very positive, both from the view of impact on participants and from the material content of the course, so the evaluation of the teachers, the facilities and the programme. One variant of the proposed improvement from the view of the participants is, for example the prolongation of the course.

Keyword: reflection, course Tourisme and Sports in the Nature, evaluation, Outward Bound